

Resource List for Progressive Tinnitus Management (PTM)

PTM Books

1. Henry JA, Zaugg TL, Myers PJ, Kendall CJ. *How to Manage Your Tinnitus: A Step-by-step Workbook*, Third Edition. San Diego, CA: Plural Publishing Inc., 2010. (note: this book also was published independently by VA Employee Education System and distributed to VA audiologists)
2. Henry JA, Zaugg TL, Myers PM, Kendall CJ. *Progressive Tinnitus Management: Counseling Guide*. San Diego, CA: Plural Publishing Inc., 2010. (note: this book also was published independently by VA Employee Education System and distributed to VA audiologists)
3. Henry JA, Zaugg TL, Myers PJ, Kendall CJ. *Progressive Tinnitus Management: Clinical Handbook for Audiologists*. San Diego, CA: Plural Publishing Inc., 2010. (note: this book also was published independently by VA Employee Education System and distributed to VA audiologists)

PTM Publications

1. Henry JA, Zaugg TL, Myers P, Schechter MA. Using therapeutic sound with Progressive Audiologic Tinnitus Management. *Trends in Amplification* 12(3):185-206, 2008.
2. Henry JA, Zaugg TL, Myers P, Schechter MA. The role of audiologic evaluation in Progressive Audiologic Tinnitus Management. *Trends in Amplification* 12(3):169-184, 2008.
3. Henry JA, Zaugg TL, Myers PJ, Kendall CJ, Turbin MB. Principles and application of counseling used in Progressive Audiologic Tinnitus Management. *Noise and Health* 11(42):33-48, 2009.
4. Henry JA, Zaugg TL, Myers PJ, Kendall CJ, Michaelides EM. A triage guide for tinnitus. *The Journal of Family Practice* 59(7):389-393, 2010.

PTM Resources Available Online

The following link opens to a webpage that provides various PTM resources, including:

- PTM Clinical Handbook (book #3 above—separate links to each chapter)
- Updates to PTM Clinical Handbook (new forms and questionnaires that have been developed since publication of the Handbook)
- PowerPoint files for conducting Level 3 Group Education
- PowerPoint handouts for a recent (October, 2011) PTM training workshop

<http://www.ncrar.research.va.gov/Education/Documents/TinnitusDocuments/Index.asp>

The American Tinnitus Association (ATA) provides a pdf version of the PTM self-help workbook (book #1 above) to members of the ATA: <http://www.ata.org/>

PTM Materials Available Only to VA Clinicians (questions? james.henry@va.gov)

Instructions for ordering “How to Manage Your Tinnitus: A Step-by-Step Workbook” and the tinnitus brochure “Tinnitus: Questions & Answers.” (limit requests to 100 copies)

- Go to: <https://www.tms.va.gov> (and **log in**)
- Use the Catalog search box to find the product (How To Manage Your Tinnitus: A Step-by-Step Workbook – TMS Item Number: VA **9647**; Tinnitus: Questions & Answers – TMS Item Number: VA **9824**)
- Click on the item; then click the **triangle** next to **Related Documents**; then click the **Order This Product** option; fill out and submit the form